



NEWS FOR ALL SEASONS

OCTOBER 2016

ISSUE 75

**MEDICARE OPEN ENROLLMENT IS FROM
OCTOBER 15 TO DECEMBER 7**

APPRISE.....Pat Perkins

The Annual Enrollment Period or AEP for Medicare Drug Plans and Medicare Advantage Plans will be in full force for the month of October. The AEP runs from October 15th to December 7th. While October is a good time to get out and view our beautiful fall scenery and enjoy the crisp, clean air, it is also time to think about your current plans and how cost effective they will be next year. Plans are required to inform their consumers of changes to costs and coverage, but this information can be overlooked when packets contain an overabundance of material. Clients are also bombarded with ads and booklets from many companies, including actual drug cards with instruction for activation. Many times, consumers are not sure what they have or what they need. If you neglect to check, your costs can increase, and most likely will, for 2017. The formularies can change also and you want to be sure that the plan you choose will cover all of your medications. We have seen savings of hundreds of dollars and more. The medications that you take are what dictate the best plan for you. You can go to Medicare.gov, click on "Find Health and Drug Plans" and enter your zip code to begin your search. You can compare not only companies but pharmacies as well. The process is fairly easy and a retrieval number is provided after entering your prescriptions which allows you to go back and make changes to your Rx list and pharmacy. You can also make an appointment with the APPRISE staff. The service is free and unbiased. We can determine the most cost effective plan, answer questions and enroll you into a plan for 2017. This also applies to Medicare Advantage plans, which are the "Golds" or "Classics" and operate as PPOs or HMOs. If you are a PACE cardholder, you will follow their instructions. PACE partners with several compa-

The enrollment schedule is as follows:










10/15/2016 – 12/7/2016 Earl Simons Honesdale Senior Center
Monday – Friday 9:00 AM – 3:00 PM
(570-253-4262)

10/15/2016 – 12/7/2016 Hamlin Senior Center
Wednesdays– 1:00 PM - 3:00 PM
(570-689-3766)

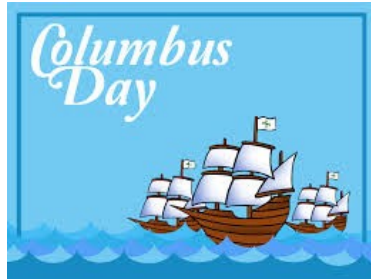
10/15/2016 – 12/7/2016 Robert Drake Hawley Senior Center
Mondays, Wednesdays, Fridays – 1:30 – 3 PM
(570-226-4209)

Call the respective centers for appointments.

nies each year and will pick a plan that works best for its consumers. I would advise that you save your letter from PACE in order to know your correct plan for 2017. Please remember to make an appointment in order to avoid long waits. Consumers increase yearly as they realize there are savings for switching. The enrollment schedule is located in the box to the left.

3) Meatloaf Mashed potatoes Mixed vegetables Rye bread <i>Warm Apple Betty</i> 	4) Green/red leaf Salad-w/ <i>grated carrots and red pepper</i> Chicken Parmesan Whole wheat Rotini Broccoli Vanilla Ice Cream	5) Tomato w/beans soup Cheeseburger Regular bun Potato Salad Pink Grapefruit	6) <u>OCTOBERFEST</u> Breaded Porkchop Cooked w/ sauerkraut Potato pancakes Wax beans w/marg Sour cream Strawberries	7) Soup- Butternut Squash Wh Wh crax Tuna fish salad Pita, w/Lettuce, tomato Vegetable slaw Fresh honeydew
10) OFFICE CLOSED  Columbus Day CENTERS CLOSED	11) Honey Mustard chix Baked potato w/sour cream Zucchini-oil n garlic Mixed vegetables Wh Wh bread LornaDoons 	12) Orange-pineapple juice Egg omelettes Salsa Turkey Sausage Patty Hash brown patty Rye Bread Oatmeal raisin cookie	13) Roast turkey w/ Gravy Mashed potatoes Brussel sprouts Stuffing Warm Diced peaches On Biscuit <i>N'thrn Wayne:</i> Apple juice, coleslaw, Turkey n cheese on rye, mayo, milk, diced peaches	14) Coleslaw Baked cod Stewed tomatoes Sweet potato Wh Wh dinner roll Peanut butter Cookie
17) Baked bread chix strips Buttered carrots Steamed buttered cabbage Rice Pilaf Fruit Medley	18) Cream o potato soup Egg salad on (WW) pita Regular cottage cheese n diced peaches Lettuce n tomato Pecan Sandies	19) Red/Green leaf Salad-w/red n yellow peppers-diced Pizza Sausage bites Sauce Broccoli Vanilla pudding 	20) Pork Loin Pierogies Applesauce Peas n Pearl onions Sour Cream Ambrosia 	21) Broccoli Chickpea salad Wh Wh Rotini with Meat sauce Apricots
24) Corn chowder Wh Wh Bread Salisbury steak w/ Gravy Mashd potato CapeCod blend veget Pears 	25) Veget chile Baked salmon w/ honey mustard Wh Wh Rotini Baby carrots Rye Bread Orange segments	26) Shredded Pork Barbecue On Bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit	27) Caesar salad Parm cheese-shredded Ranch dressing Ham Warm Pineappl slices Parmesan butterd Fettucc Sweet potato Vanilla Ice cream <i>N'thrn Wayne:</i> apple juice, Caesar Salad, Ham n swiss, on rye, mustard, cantaloupe	28) Bakd brded Chix fritter- Baked potato w/sour cream Cabbage Cube Cornbread Fresh cut cantaloupe 
31) <u>HALLOWEEN</u> Bloody Burger On a <i>Wicked Bun</i> - Lettuce, tomato, onion <i>Morbid Mayo</i> <i>Evil</i> sweet Potato wedges <i>Creepy</i> Cucumber salad Pineapple Tidbits				Congregate Meal Menu MILK SERVED WITH ALL MEALS 

ALL CENTERS
CLOSED
MONDAY
OCTOBER 10
COLUMBUS DAY



NORTHERN WAYNE CENTER
THURSDAY
OCTOBER 13
&
OCTOBER 27



EVERYDAY AT THE HAMLIN CENTER

Monday
Cards & Games
8:00-12 Pinochle

Tuesday
Cards & Games
1:00 Bingo

Wednesday
Cards & Games
10:00 Exercise

Thursday
Cards & Games
10:00 Exercise
1:00 Crafts

Friday
Cards & Games
10:00 Bingo



EVERYDAY AT THE HAWLEY CENTER

Monday
Cards & Games
8-3 Gym Equipment
10:30 – 11:30
Exercise
11:30 - 3 Mah Jong
1-3 Wii Bowling

Tuesday
Cards &
Games
8-3 Gym
Equipment
1 - 2 Bingo

Wednesday
Cards & Games
8-3 Gym Equipment
10 - 2 Crafts
10:30 – 11:30 Exercise
1-2 Tai Chi *fee
5:30 – 8:30 Mah Jong

Thursday
Cards & Games
8-3
Gym Equipment
1:00 Bingo
11 – 2:30 Card
Club

Friday
Cards & Games
8-3 Gym Equipment
10 - 2 Crafts
10:30 – 11:30
Exercise

EVERYDAY AT THE HONSDALE CENTER

ASSOCIATION FOR THE BLIND - TUESDAY, OCTOBER 11 – 1:30

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, OCTOBER 12 – 1:30

Monday
10:00 Walking Club
10:30 Bridge
12:00 Jazz Class
1:00 Crafts
2:00 Line Dancing

Tuesday
10:30 Exercise
1:00–4:00
Pinochle



Wednesday
8:30 Quilting
10:30 Exercise
10:30 Bridge
11:00 Tai Chi *fee
1:00 Art Class
1:00 Bingo
1:30 Tap Dancing

Thursday
10:00 Walking Club
10:00 Games
10:00 - 12:00 Wii
10:30 Chair Yoga
1:00 Cards



Friday
10:30 Exercise
1-2:30 Shuffleboard
1-2:30 Cribbage
1:00 Pool
1-2:30 Rummikub
1:30 Memoir Writing
Group (1st & 3rd)

Property Tax/Rent Rebate Program Application Deadline

The Property Tax/Rent Rebate program deadline for older adults & residents with disabilities to apply for rebates of rent and property taxes paid in 2015 has been extended from June 30 to Dec. 31, 2016.

The application deadline has been extended again this year to ensure qualified applicants have additional time to take advantage of property tax & rent relief offered through this program. Property tax & rent rebates, combined with general property tax relief from slots gaming, provide significant support to older Pennsylvanians & residents with disabilities.






Each year the department evaluates the program as the statutory June 30 application deadline approaches to determine if funds are available to extend the deadline. To date, funding has been available to allow all who qualify to take advantage of this tax relief. As specified by law, rebate distribution will begin on July 1. After June 30, rebates will be distributed as claims are received and processed.

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at www.revenue.pa.gov or by calling, toll-free, 1-888-222-9190.

It costs nothing to apply for a rebate, and the department reminds residents that free application assistance is available at hundreds of locations across the state, including Department of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators' offices. Claimants who already applied for rebates may check the status of claims online at www.revenue.pa.gov or by calling, toll-free, 1-888-PATAXES.



About the Property Tax/Rent Rebate Program: The rebate program benefits eligible Pennsylvanians age 65 and older; widows & widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters; half of Social Security income is excluded. Due to program changes enacted to ensure claimants aren't disqualified from rebates solely because of Social Security cost-of-living-adjustments, homeowners & renters may be eligible for rebates even if their eligibility income is greater than these limits. Any homeowner who collected Social Security and had annual income last year – discounting half of Social Security – up to \$36,129, is encouraged to apply for a rebate for claim year 2015. Any renter who collected Social Security, and had annual income last year – discounting half of Social Security – up to \$15,484, is also encouraged to apply. The maximum standard rebate is \$650, but supplemental rebates for certain qualifying homeowners can boost rebates to \$975. The Revenue Department automatically calculates supplemental rebates for qualifying homeowners. Since the Property Tax/Rent Rebate Program's 1971 inception, older & disabled adults have received more than \$5.9 billion in property tax & rent relief. The program is funded by the Pennsylvania Lottery & revenue from slots gaming. For forms or an appointment for assistance in completing the PA 1000 please contact the Wayne County Area Agency on Aging at 570-253-4262.

3) SOUP OF THE DAY MEATBALL PARM HOAGIE ON ROLL	4) SOUP OF THE DAY EGG, BACON, CHEESE ON A BIS- CUIT	5) SOUP OF THE DAY SOUP OF THE DAY CHICKEN, CRAN, APPLE FETA, ALMOND SALAD	6) SOUP OF THE DAY BLT SAND WICH	7) SOUP OF THE DAY BACON CHEESE BURGER/ONION RINGS
10) HOLIDAY CLOSED 	11) SOUP OF THE DAY SAUSAGE W/ PEP- PERS & ONIONS HOAGIE	12) SOUP OF THE DAY CHICKEN QUESIDILLA	13) SOUP OF THE DAY HOT HAM & CHEESE ON PRETZEL BUN	14) SOUP OF THE DAY PERSONAL PIZZA 
17) SOUP OF THE DAY SEAFOOD SALAD ON A CROISSANT W/LETTUCE & TO- MATO	18) SOUP OF THE DAY HAM N SWISS ON A PRETZEL BUN	19) SOUP OF THE DAY SLICE OF PIZZA CHEF SALAD	20) SOUP OF THE DAY  EGG SALAD ON WHEAT	21) SOUP OF THE DAY PIEROGIES& ON- IONS WITH SOUR CREAM
24) TOMATO SOUP GRILLED CHEESE SANDWICH	25) SOUP OF THE DAY BROCCOLI & CHEESE QUICHE	26) SOUP OF THE DAY CHICKEN CAESAR SALAD	SOUP OF THE DAY REUBEN SANDWICH	28) SOUP OF THE DAY LOADED HASSEL- BACK POTATO
31) SOUP OF THE DAY SAUSAGE, ONIONS,PEPPERS ON ROLL				OCTOBER 2016 ALA CARTE MENU 

AARP SMART DRIVER COURSE**4 Hour Sessions: Must Have a Recent 8 Hour Course**

October 14th Hawley 1 pm—5 pm

For more information or to make a reservation please call Wayne County Area
Agency on Aging at (570) 253-4262.**NORTHERN WAYNE HAPPENINGS**

On September 15—Eric Tarantine was our guest speaker. He spoke on Home Doctor visits. He also did an ice cream social for our seniors.

In October we will be changing our meeting dates. We will not be meeting on our regular Thursday October 16—our meeting will be October 13, 2016. We will have a speaker on Elder Law.

Then, at our next meeting on October 27th, we will offer flu shots from Wayne Memorial Hospital.

Our Halloween Party will also be October 27th so come dressed in your scariest costume for a howling good time. Please call Marie at 570-253-4262 for Reservations.

LUNCH AND LEARN 2016 SERIES

October 5, Wednesday, 12:00 to 1:00

LYME DISEASE: Marcia Barrera from Wayne Co Task Force Lyme & Tick Borne Diseases answering questions about Lyme disease.

(LUNCH IS PROVIDED)

ALSO . . .

COMEDY NIGHT

Get your funny on again with Marietta Mendler's workshop on Wednesday, October 5 at 5:00 pm

Wayne Co Public Library, 1406 Main St, Honesdale . Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register

FLUS SHOTS IN OCTOBER

SUBJECT TO CHANGE

dates below are tentative based on vaccine delivery

Please Check Local News Sources For Updated Information Or Call 570-253-4262

Hamlin Center	October 13	10:00—noon
Hawley Center	October 14	10:00—noon
Honesdale Center	October 19	9:00—noon

Grief Support Workshops at Wayne Memorial Hospital

This fall, Wayne Memorial's Social Services Department and Chaplaincy program are offering a free workshop on the grieving process. The six-week session will provide support and focus on grief as a normal part of an individual's transition through life. The fall sessions will be held Tuesday evenings from 5:30 until 6:30 from September 13th through October 18th in the Chatlos Room on the second floor of Wayne Memorial Hospital.

Grief is often described as a distinctive cluster of common emotional, physical and spiritual reactions to loss, a description that "does not diminish how traumatic a loss can be for the individual griever," says Neil Petrosky, LCSW, Wayne Memorial Community Health Centers. Petrosky helped start the first grief support workshop at the hospital in 2011. He calls the workshops "a safe place for individuals to sort out their feelings."

The Fall 2016 workshops will be facilitated by Anna Walsh, a social worker with WMH and Reverend Edward K. Erb, Wayne Memorial Hospital and Hospice chaplain (though the sessions are non-sectarian). "Each workshop is designed as a small and intimate group where you may feel comfortable in sharing stories and personal feelings or just sit back and listen," says Father Erb. "No one will be forced to share."

Father Erb adds that one's experience will be enhanced by attending all six sessions; however, it is understandable if someone cannot attend all of them.

Participants are asked to complete a registration form, which can be found at www.wmh.org. More information can be had by e-mailing edward-kerb@aol.com. Or call (570) 241-2685



ANNUAL SENIOR EXPO

Thursday, October 27th, 2016
9:30 - Noon

Spend the day with us and area businesses that support all aspects of senior lifestyle. Join us for lunch and meet business people that can help you!

Noon Lunch \$3.00 - Please Call For Reservation

398 South Street, Waymart, PA • 570-488-6129



H A W L E Y N E W S



We would like to welcome you to a new time of year: Autumn. This is one of the most beautiful times of the year. The colors of the leaves, the smells in the air and the wonderful holidays that are coming our way. Which leads me to some important things coming up in the month of October. Thursday October 6th we will celebrate Oktoberfest with a traditional meal & music for all to appreciate. Flu Shots will be coming sometime in October. We will let you know of times and dates as we receive them. I'm looking forward to our annual Halloween party being held on the scariest day of the year—Monday October 31st. Starting around 10:30 till "Boo Knows When". Wear your costume and win a prize. We will have Ghost, Goblins, Scare Crows, Bats and all the ghoulish desserts we can eat and enjoy. There will be one more Defensive Driving Course for this year on Friday October 14th starting at 1pm. To register for the class you must call 570-253-4262. Remember Medicare Annual Enrollment will begin October 15th. Make sure to check out your health insurance and drug plans to see if they still fit your needs. See page 1 for more info.

We had the privilege of having the Lakeville Merry Makers here with us again. What a wonderful time we all had listening, singing and laughing with Andy & Harry (see picture). It was a great time! Boy, can they bring in a crowd. That day we had at least 25 seniors. Thanks Lakeville Merry Makers for making our summer one to remember.

The seniors and myself would like to wish Debbie Birtel a happy and healthy retirement. Debbie will be missed by all. It was a pleasure to work side by side with her. Our picnics are not going to be the same without you there. But Happy travels to you and your husband and remember we love you. See you around. Many bus trips to come. HA! HA! Our October Birthday's are: Frances Lloyd, Valerie Moll, Ann Morgan, Mia Kwiatkowski, Doris Cory, Jean Zarauskas, George Hazen, Linda Wendrick, Joan Foster, Larry Nonnemacher, Dorothy Geiss and Jim Mancuso. Happy Birthday to you all!

As I promised in last month's newsletter here are the names of the merchants that were so kind to donate to our annual picnic:

- Silver Birches
- Stone Creations
- Teeters' Furniture
- Capri Rest & Lounge
- Paupack Blueberry Farm
 - Wayne Bank
- Gresham's Chop House
- Barb Wallace Hair Designs
 - A Taste of Tuscany
- Shooky's Distributors
- Van Gorders' Furniture
- Gumble Brothers Home Center
 - Jerryland Jewelers
 - Nail Love
- Cordaro's Rest & Sports Bar
 - Weis Market # 170
 - Baer Sport Center
 - Shelly's Rest
- Two Guys from Italy
 - Just Jimbo's
- B. Madigan Jewelry Arts
 - Pets Only
- Trading Post/What Knots,
 - Joe & Lorenzo's Pizza,
- Lake Region IGA Market
 - Pat's Bar & Grill
 - Dime Bank
 - The Other Shop
 - The Hawley Diner
- Penny Lane Candles & Candies
 - Valerie Moll
- Joanie Russo our craft lady
 - The Settlers Inn

If I have forgotten anyone I apologize. Thanks to you we had very happy seniors that day.

THIS IS THE FIRST OF A CONTINUING SERIES ON . . . SCAMS: PROTECT YOURSELF. PROTECT YOUR MONEY



Every day, thousands of people are taken advantage of by professional criminals and con artists using slick and sophisticated methods to steal people's money. Often, even as the crime is being committed, the victim is unaware of the scam. Too often, the victims feel ashamed because they placed their trust in people who stole from them – and they are too



embarrassed to report the crime. If you have fallen victim to a financial scam, you are not alone.

One of the best ways to protect yourself from financial scams is to be informed. The Pennsylvania Department of Banking and Securities has created this brochure to include information about some of today's most common scams, as well as helpful tips to protect yourself and your money. You can also find information on how to contact government agencies, nonprofit organizations and credit bureaus who can help you protect yourself or help you if you have fallen victim to a scam.



International Lotteries

Someone you do not know has just informed you that you have hit the jackpot in a foreign lottery or sweepstakes. You do not recall entering, but the prize is in your name. Unfortunately, this apparent stroke of good luck is usually just another scam.

Lottery scams work by persuading the victim to send money in order to claim a prize such as cash, a trip, or other item of value. The scam artist, who may claim to be representing a foreign government, celebrity or lottery organization, tells the victim the money is needed to cover insurance, security or other "processing fees" associated with disbursing the prize. Bank account or Social Security numbers may also be requested in order to "verify" the winner's identity. However, the prize never comes and the scam artist makes off with the victim's money and, perhaps, identity as well.

Other times, the intended victim will receive an unsolicited check or money order with directions to deposit the money and wire a portion of it back to the sender to cover "processing fees" or taxes. The check is fake; however, the money the victim has wired to the scammer is real. The victim cannot recover the funds sent by wire transfer and will be liable to their bank or credit union for any money they drew against the fake check.

Protect Yourself

Never give your bank account number to somebody so they can forward lottery winnings or other unexpected income to you. Scammers may use your bank account number to take money out of your account rather than to put money in it.

Be suspicious of anyone who claims you have won something, especially if you do not remember entering a contest.

It is against federal law to buy foreign lottery tickets by phone or mail.

Legitimate lotteries and sweepstakes do not require winners to pay money before claiming a prize.

If you are a victim, file a complaint with the Internet Crime Complaint Center. (see page 9)

Who to Contact for Help

Government Agencies

Pennsylvania Department of Banking and Securities • 1-800-PA-BANKS (800-722-2657)
dobs.pa.gov

Pennsylvania Office of Attorney General • 1-800-441-2555 attorneygeneral.gov

Pennsylvania Department of State, Bureau of Charitable Organizations • 1-800-732-0999 dos.state.pa.us

Federal Trade Commission • 1-877-FTC-HELP ftc.gov

Consumer Financial Protection Bureau • 1-855-411-2372
consumerfinance.gov

Internet Crime Complaint Center • www.ic3.gov

U.S. Secret Service • Harrisburg 717-234-0214 • Philadelphia 215-861-3300 • Pittsburgh 412-281-7825 • Scranton 570-346-5781

secretsservice.gov

Internal Revenue Service (For information about charitable organizations) • 1-877-829-5500 irs.gov/charities



Monday	Tuesday <u>HOME</u>	Wednesday <u>DELIVERED</u>	Thursday <u>MENU</u>	Friday
3) Meatloaf Mashed potatoes Mixd vegetables Wh wh dinner roll Apple Betty	4) Breaded Chicken w/Sauce Over Wh wh Rotini Carrots Broccoli Italian bread	5) Tom w/beans soup Cheeseburger Regular bun Sweet potato fries Pink grapefruit	6) Grape Juice Breaded Porkchop w/ sauerkraut Potato Pancakes Wax beans Sour Cream Strawberries	7) Apple juice Pollock loin Garden Rotini Wax beans Apricots
10) Columbus Day <u>Frozen Hm Del Only</u> Stuffed Shells Meatballs w/ sauce Sauce Cauliflower Spinach w/garlic oil	11)Honey Mustard chix Baked potato Zucchini Mixed vegetables WW bread LornaDoones	12) Orange- pineapple j Egg omelettes Turkey Sausage Patty Potatoes Warm Peach slices Rye Bread	13)Roast turkey w/ Gravy Mashed potatoes Brussel sprouts Stuffing Warm Diced peaches Biscuit	14) Orange juice Baked Cod Brown Rice Stewed tomatoes Sweet potato Wh Wh bread
17) Grape juice Baked chix strips Buttered Carrots Steamed cabbage Rice Pilaf	18) Apple Juice Mashed potatoes Wh Wh Bread Pork Patty Diced peaches	19) Orange segment Pizza Sausage bites Sauce Broccoli Graham crax	20) Pork Chop Loin Pierogies Applesauce Peas n Pearl onions Ambrosia	21) Wh Wh <u>Rotini</u> w /meat sauce Cauliflower Green beans Apricots
24) Orange juice Corn chowder Wh Wh Bread Salisbury steak w/ Gravy <i>Mashed potato</i> CapeCod Blend veget	25) Veget chile Baked salmon <i>whoney</i> <i>Mustard Glaze</i> Wh Wh Rotini Rye Bread Pink grapefruit	26) Shredded pork barbecue on Bun Asparagus Cauliflower Diced peaches on Biscuit	27) Apple juice Ham Warm Pineapple slices Parmesan butterd Fettucci Sweet potato	28) Baked Chix fritter Baby Bakers Baby carrots Cabbage Wh Wh bread

Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease. Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

Keep a healthy weight.

Exercise regularly (at least four hours a week).

Research shows that lack of nighttime sleep can be a risk factor.

Don't drink alcohol, or limit alcoholic drinks to no more than one per day.

Avoid exposure to chemicals that can cause cancer (*carcinogens*) & chemicals that interfere with the normal function of the body.

Limit exposure to radiation from medical imaging tests like X-rays, CT scans, and PET scans if not medically necessary.

If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at high risk (http://www.cdc.gov/cancer/breast/basic_info/high-risk.htm) for getting breast cancer.

Talk to your doctor about more ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs. (source: cdc.gov)

October

Breast Cancer Awareness Month



Healthy feet are key to being physically active, whether you're just getting started or your feet have been subject to years of wear and tear from a variety of physical activities like running, dancing, biking, or playing basketball, soccer, or tennis. Going too far, too fast or not warming up properly before physical activity can set you up for painful foot injuries.

Play it safe.

Exercise your feet to increase blood flow, which is important for general foot health. Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This exercise stretches and strengthens your feet and helps your balance.

Check your feet often.

Look for cuts, blisters, and ingrown toenails. You can use a mirror to check the bottoms of your feet. If you have diabetes, be sure to check your feet every day.

If you're having a problem with your feet, talk with your family doctor or see a podiatrist, a doctor who treats feet.

www.NewsInHealth



Be kind to your feet.

- Wash your feet regularly, especially between your toes. A warm foot bath is also helpful.
- Wear clean socks.
- Make sure your feet are dry before you put on your shoes.
- Wear comfortable, well-fitting shoes.
- Wear shoes when you're outside.
- To help the circulation in your feet, put them up when you're sitting. Stretching, walking, or having a gentle foot massage also helps.
- If you are sitting for a long time, stand up and move around every now and then.
- If you cross your legs when sitting, reverse or uncross them often.

SAVE THE DATE FOR RACHELS CHALLENGE

October 20, 2016 7-8pm

Open to the Public

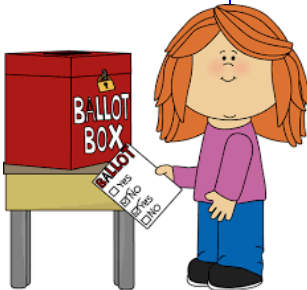
Honesdale High school Gymnasium

Kevin's inspirational story details his physical and emotional healing from a suicide attempt and his daily personal struggle

His story is at www.kevinhiensstory.com

Books will be available for purchase with Kevin's autograph. All proceeds from sales will benefit Wayne/Pike Northeast Suicide Prevention initiative

For more information, contact Michelle Valinski at 570-253-9200 or mvalenski@waynecountypa.gov

**2016 PA ELECTIONS DATES TO REMEMBER**

Last Day to Register before the November election	October 11
Last Day to apply for a civilian absentee ballot	November 1
Last Day for County Board of Elections to receive voted civilian absentee ballots	November 4
GENERAL ELECTION	NOVEMBER 8
First day to Register after November election	November 9
Last day for County Board of Elections to receive voted military and Oversees absentee ballots (submitted for delivery no later than 11:59 p.m. on November 7th)	November 15

Oktoberfest at Split Rock Resort**Thursday, October 20, 2016 \$60.00 per person**

Enjoy the versatile musical stylings of The Adlers Band. They will get you up and dancing! Entertaining in the Poconos since 1979. They are the quintessential American Oktoberfest band, playing the best of Austrian-German songs and party music.

Plus German style buffet luncheon, bingo, & other activities the resort offers (like an indoor pool)

Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

*Please have your money in by Friday, Oct. 7th. *Make checks payable to: Wayne County Aging.

*Cancellation Policy: Money refunded only if your seat can be filled.

No money refunded after Oct. 13th for any reason.

**Depart:**

Honesdale McDonald's @ 9:00am
Hawley center @ 9:30am
Hamlin center @ 10:00am

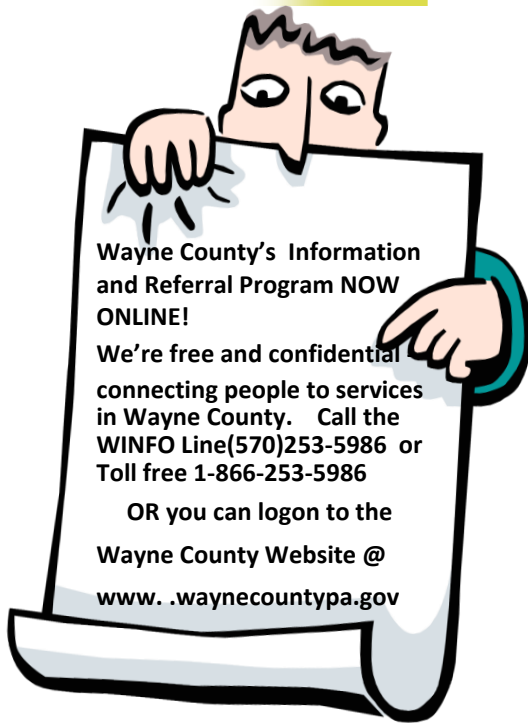
Arrive Home:

Honesdale @ 6:30pm
Hawley @ 6:00pm
Hamlin @ 5:30pm

Production Coordinator: Kathy Robbins

Menu Coordinator: Lynn Guiser

Editor: Kathleen Chicowski kchicowski@waynecountypa.gov



Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after Prudential Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 308-10th Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1st and 3rd Wednesdays; Hawley Senior Center, 9-12, 2nd and 4th Wednesdays. For more info please call: 570-253-5970, Ext. 3114.



When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

-Henry Ford